

# Friendship Heights Village Center



# Calendar of Events 2005

AUGUST						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting 7:30 p.m.: Yoga	<b>2</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1-2:45 p.m.: Blood Pressure Screening 3-4 p.m.: Tea 3-5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	<b>3</b> 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel <b>7:30 p.m.: Concert: USA Canteen</b>	<b>4</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble <b>7 p.m.: Movie: Being Julia</b>	<b>5</b> 10:30 a.m.: Coffee and Current Events	<b>6</b> 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
<b>7</b> 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers <b>11:30 a.m.: Depart for "Lion King"</b> <b>11 a.m. - 1:30 p.m.: Art Reception</b>	<b>8</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training 2:30 p.m.: Drawing and Painting <b>8 P.M.: FRIENDSHIP HEIGHTS COUNCIL MEETING</b>	<b>9</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1-2:45 p.m.: Blood Pressure Screening 3-4 p.m.: Tea 3-5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	<b>10</b> 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel <b>1 p.m.: Suburban Lecture: Joint Replacement Surgery</b> 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: Hui O Ka Pua 'Ilima</b>	<b>11</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble <b>7 p.m.: Movie: Hitch</b>	<b>12</b> 10:30 a.m.: Coffee and Current Events <b>12:15 p.m.: Sunrise Special Lunch</b> <b>1 p.m.: Special Concert: Sheila Grimes</b>	<b>13</b> 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs <b>9:30 a.m.: Depart for Wegmans</b>
<b>14</b> 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	<b>15</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	<b>16</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1-2:45 p.m.: Blood Pressure Screening 3-4 p.m.: Tea 3-5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	<b>17</b> 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel <b>7:30 p.m.: Concert: Sounds East</b>	<b>18</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble <b>7 p.m.: Café Muse</b>	<b>19</b> 10:30 a.m.: Coffee and Current Events	<b>20</b> 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
<b>21</b> 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	<b>22</b> <b>10 a.m. - 2 p.m.: MVA Mobile Office</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi 11:30 a.m.: Strength Training	<b>23</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1-2:45 p.m.: Blood Pressure Screening 3-4 p.m.: Tea 3-5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting 7 p.m.: Mat Pilates	<b>24</b> 10:15 a.m.: Yiddish 11 a.m.: Strength Training 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling <b>7:30 p.m.: Concert: IONA</b>	<b>25</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. - 4 p.m.: Village Playtime 1 p.m.: Chinese Brush Painting 6:30 p.m.: Scrabble <b>7 p.m.: Movie: Phantom of the Opera</b>	<b>26</b> 10:30 a.m.: Coffee and Current Events	<b>27</b> 8:15 a.m.: Walking Club 9 a.m. - 1 p.m.: Twin Springs
<b>28</b> 9:30 a.m. - 1:30 p.m.: Coffee and Sunday Papers	<b>29</b> 10 a.m.: Great Books 10:30 a.m.: Drop-in Tai Chi	<b>30</b> 8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1-2:45 p.m.: Blood Pressure Screening 3-4 p.m.: Tea 3-5 p.m.: Suburban Nurse Specialist 6:45 p.m.: Drawing and Painting <b>7 p.m.: Depart for Wolf Trap</b>	<b>31</b> 10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel <b>7:30 p.m.: Concert: Jack Stanton</b>	Please note that this month's Village Council meeting will be held <b>Monday, Aug. 8 at 8 p.m.</b> . The agenda for the meeting is sent to the manager of each building in the Village the week before the meeting with the request that it be posted.		

**Shuttle bus hours** 

Monday through Friday 6:40 a.m. to 9:40 p.m.  
Saturday and Sunday 8 a.m. to 7 p.m.

**Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m.  
Friday 9 a.m. to 5 p.m.  
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

**THIS MONTH'S SPECIAL LUNCH AND PROGRAM**

August's special lunch, prepared by Jelena Koprivica, Dining Services Coordinator of Brighton Gardens, will be held on **Friday, Aug. 12, at 12:15 p.m.** The menu will include tossed salad, chicken primavera with summer vegetables, and cherry pie for dessert. The cost is \$7, which must be paid when you make your reservation. Please reserve by Wednesday, August 10.

Following lunch, please stay for a piano concert performed by Sheila Grimes **at 1 p.m.** Mrs. Grimes studied at the Paris Conservatory of Music and the Academy of Music of Scotland. She completed her chamber music training at the Royal Conservatory of Music in Brussels. She is the pianist and director of Les Amis de Mozart.